## **CLAIMS**

What is claimed is:

A group program for resistance exercise training comprising the steps of:

(a) providing a plurality of convertible multi-position exercise units, each of said exercise units being convertible to several different configurations to allow a user to perform multiple different exercises on said exercise unit, each of said exercise units further including:

(i) a frame,

(ii) a seat positioned on said frame, and

(iii) an adjustable resistance engine attached to said frame;

(b) providing instruction in operating said plurality of exercise units for performing a first resistance training exercise in a first configuration;

(c) providing instruction in converting said plurality of exercise units from said first position to a second configuration; and

(d) providing instruction in operating said plurality of exercise units for performing a second resistance training exercise in said second configuration.

2. The group program of Claim 1, wherein said plurality of exercise units are arranged in one of the group selected from: a circle, an oval, a row, a triangle and a square.

3. The group program of Claim 1, wherein said plurality of exercise units are positioned facing a common location to be used for instruction.

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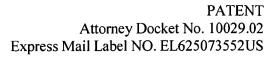
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- 4. The group program of Claim 3, wherein the common location is to be used by an instructor.
- The group program of Claim 3, wherein a convertible multi position exercise is
   located at said common location for demonstration of said first resistance training exercise by an instructor.
  - 6. The group program of Claim 1, wherein said step of providing instruction in converting said exercise units further includes providing instruction in changing a resistance of said adjustable resistance engine.
    - 7. The group program of Claim 1, further comprising the step of providing one of the group selected from: background music and music choreographed to said first and second resistance training exercises.
    - 8. The group program of Claim 1, wherein said first resistance training exercise includes a positive contraction of a target muscle and a negative contraction of an antagonist muscle.
- 20 9. The group program of Claim 1, wherein said first resistance training exercise includes contraction of one or more of the group selected from: a stabilizer muscle, a dynamic stabilizer muscle, and an antagonist stabilizer muscle.
- 10. The group program of Claim 1, wherein said group program includes a first class
  25 and a second class that vary in one or more of the group selected from: exercises,
  exercise sequences, durations, intensities, resistance progressions, speeds, ranges and
  frequencies.
- 11. The group program of Claim 10, wherein said variations are designed to achieve different fitness goals.

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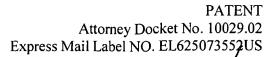
- 12. The group program of Claim 11, wherein said different fitness goals include one or more of the group selected from: a general conditioning goal, a strength goal, an endurance goal, and a power goal.
- 13. The group program of Claim 1, wherein said group program includes a class, said class including a sequence of resistance training exercises at least one of which includes a plurality of options that may be performed.
- 10 14. A group program for resistance exercise training/comprising the steps of:
  - (a) providing a plurality of convertible multi-position exercise units, each of said exercise units being convertible to several different configurations to allow a user to perform multiple different exercises on said exercise unit, each of said exercise units further including:
  - (i) a frame,
    - (ii) a seat positioned on said frame, and
    - (iii) an adjustable resistance engine attached to said frame;
    - (b) operating said plurality exercise units to perform a first resistance training exercise in a first configuration of said plurality of exercise units;
    - (c) converting said plurality of exercise units from said first configuration to a second configuration; and
      - (d) operating said exercise units for performing a second resistance training exercise in said second configuration.

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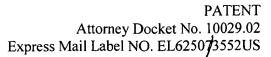
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- 15. The group program of Claim 14, wherein said plurality of exercise units are arranged in one or more of the group selected from: a circle, an oval, a row, a triangle and a square.
- 5 16. The group program of Claim 14, wherein said plurality of exercise units are positioned facing a common location to be used for instruction.
  - 17. The group program of Claim 16, wherein the common location is to be used by an instructor.
  - 18. The group program of Claim 16, wherein a convertible multi-position exercise is located at said common location for demonstration of said first resistance training exercise by an instructor.
- 15 19. The group program of Claim 14, wherein said step of converting said exercise units further includes changing a resistance of said adjustable resistance engine.
- 20. The group program of Claim 14, further comprising the step of providing one of the group selected from: background music and music choreographed to said first and
   20 second resistance training exercises.
  - 21. The group program of Claim 14, wherein said first resistance training exercise includes a positive contraction of a target muscle and a negative contraction of an antagonist muscle.
  - 22. The group program of Claim 14, wherein said first resistance training exercise includes contraction of one or more of the group selected from: a stabilizer muscle, a dynamic stabilizer muscle, and an antagonist stabilizer muscle.

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- 23. The group program of Claim 14, wherein said group program includes a first class and a second class that vary in one or more of the group selected from: exercises, exercise sequences, durations, intensities, resistance progressions, speeds ranges and frequencies.
- 24. The group program of Claim 23, wherein said variations are designed to achieve different fitness goals.
- 25. The group program of Claim 24, wherein said different fitness goals include one or more of the group selected from: a general conditioning goal, a strength goal, an endurance goal, and a power goal.
  - 26. The group program of Claim 25, wherein said group program includes a class, said class including a sequence of resistance training exercises at least one of which includes a plurality of options that may be performed.
  - 27. The group program of Claim 14, wherein said exercise unit is portable.
- 28. The group program of Claim/14, wherein said adjustable resistance engine has a weight, said adjustable resistance engine is adapted to create a resistance greater than said weight of said adjustable resistance engine.
  - 29. The group program of Claim 14, wherein said adjustable resistance engine is below a plane of said seat.
- 25 30. A method for implementing a group program for resistance exercise training comprising the steps of
  - (a) providing training for the group program for one or more representatives each having an area of responsibility;



- (b) providing training for a plurality of individual instructors for the planning and administering individual sessions of the group program via said representatives;
- 5 (c) certifying said plurality of individual instructors have successfully completed said training; and
- (d) planning and implementing a group resistance training program using a plurality of convertible multi-position exercise units, each of said exercise units being convertible to several different configurations to allow a user to perform multiple different exercises on said exercise units, said exercise units including a frame, a seat positioned on said frame and an adjustable resistance engine attached to said frame.
- 15 31. The method for implementing a group program of Claim 30, further comprising the step of providing feedback from said instructors to said representatives.
  - 32. The method for implementing a group program of Claim 30, wherein said training steps includes operation and conversion of said exercise units.
  - 33. The method for implementing a group program of Claim 30, wherein said resistance training program provides a circuit resistance training program including said plurality of exercise units being configured in at least two different configurations.